



# Dr.ROSHAN KENTANICK.N (PT)

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## Objective

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Dedicated Physical Therapist with 2 and half years of experience achieving impressive results by delivering robust treatment plans. Works compassionately with clients to assess needs, provide accurate diagnoses and design bespoke holistic programmes for optimal physical wellbeing.

## Education

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- **Sree Balaji College of Physiotherapy - BIHER** 2023 - 2025  
MPT - Orthopaedics
- **Sree Balaji College of Physiotherapy - BIHER** 2018 - 2023  
BPT

## Experience

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- **Pain and Stroke Rehab Centre - T.Nagar** May 2023 - Till now  
Physiotherapist

I have been working as a Domiciliary Physiotherapist at **PSRC**, where I provide home-based physiotherapy and rehabilitation services tailored to patients with diverse medical conditions. My clinical exposure has primarily including management of patients with Parkinson's disease, stroke, and general debility, as well as cases involving musculoskeletal disorders and post-surgical rehabilitation.

My role involves:

- Designing and implementing individualized rehabilitation programs to improve functional independence.
- Conducting task-specific exercises to enhance mobility, coordination, and daily living activities.
- Providing geriatric rehabilitation aimed at improving strength, balance, and fall prevention.
- Supporting patients in regaining an independent lifestyle through progressive therapy plans.
- Guiding patients and caregivers with education and lifestyle modifications to ensure continuity of care.
- Applying evidence-based physiotherapy interventions to aid in functional recovery and reversal of disability wherever possible.

## Clinical Intern

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- \* Sree Balaji Medical College Hospital And Research Institute.
- \* Sports Development Authority of Tamilnadu - Nehru Stadium.

## Core Competencies / Key Skills

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- - Advanced MSK or Neurological assessment
  - Exercise therapy and Exercise prescription
  - Electrotherapy handling
  - Post surgical and Rehabilitation
  - K- Taping
  - MFR
  - Task oriented training and functional training
  - Patient education
  - Evidence based practice
  - Documentation and team collaboration

## Conferences / Workshop / CME Programmes Participations (2023-2025)

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- \*IRCOBI - Motion capture and EMG @ VIT [24/6/25]
- \*IGOF - Master course in Shoulder and Knee (Delegate) @ MIOT [27/2/25]
- \*Workshop on Prosthetics and Orthotics - Sun Orthotics and Prosthetics Centre [28/5/25]
- \*Emergency Trauma Assessment and Early Management - TN APEX @ Stanley Medical College [7/6/25]
- \*CME Program "ENSEMBLE" - Poster presentations - ICF @ UCA College [5/7/24]
- \*International workshop on VESTIBULAR REHAB THERAPY @ SBCP [13,14 AUG 2024]
- \*Symposium on Recent trends in Sports physiotherapy [1/8/24]
- \*Breast Cancer related Lymphoedema workshop - CANCARE Foundation @VHS [9/3/24]
- \*IGOF - Master course in sports medicine (Delegate) @ MIOT [12/10/23]
- \*International Physiotherapy Conclave 2023 - Physiotech 360 @ Chettinad Academy [12/12/23]
- \*Physio Upbeat 2023 by IAP [SEP 2023]

## Online Certification Course

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- Introduction to Exercise Physiology and Sports Performance - NPTEL [Feb - Apram 2024]

## Dissertation

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- **MPT**  
Effects of Specific Trunk Muscle Activation [TrA,MF] Vs General Strengthening Exercises Among Neuro-Physiotherapist With Non - Specific Low Back Pain - An Experimental Study.
- **BPT - Dissertation**  
Effects of Bosu Ball Exercise Program to Improve Physical Fitness and Functional Mobility in Adult Cerebral Palsy Patient.

## Languages

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- 🇮🇳 Tamil 🇬🇧 English

## Declaration

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- I hereby declare that the above information is true to the best of my knowledge and belief.

Place: Chennai

Date: 10/10/25

Name:

Roshan Kentanick.N